



# ~ Newsletter ~ Summer 2011

## FUN STUFF TO DO!

**3-12 months** - Lay your baby on a blanket, or prop him up in your lap or in a bouncy seat. Gather several small, colorful toys and a cloth napkin. Attract your baby's attention to one of the toys as you hold it in your hand. Talk to him about what you are holding. "This is a rattle. Listen to the sound it makes when I shake it. It is red at this end and white at this end." Then cover the toy with the napkin and ask, "Where is the rattle?" Uncover it and say, "Here is the rattle. It was under the napkin." Let him touch and hold the rattle. Try this with another toy, narrating the process and concluding with his holding or touching the toy. (*object permanence, language skills*)



**One Year Old** - It's not edible, but it's fun to make! Give your child a big spoon, some measuring cups, and a pot filled with a little water (a running hose or water spigot nearby is handy). Encourage her to stir in natural ingredients - leaves, dirt, rocks, grass, sticks, etc. "Serve it" in bowls as part of a "picnic," or dump it out and start all over again! (*imagination, motor skills*)

**Two Year Old** - Pin up a large sheet of butcher paper on a clothesline outside, or lay it flat on the lawn (weigh down the corners with rocks). Pour several colors of paint onto cookie sheets. Let your child smear a clean fly swatter net into the paint and then swat it onto the butcher paper. (*creativity, large motor skills*)



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A big round of applause for our wonderful Help Me Grow Staff! THANK YOU for all you do!

*Service Coordinators:*

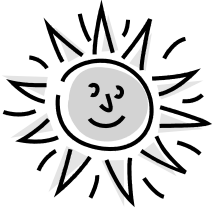
Andrea Nichols  
Terri McGoye  
Royetta Cline  
Cindy McNerney, RN



*Home Visitors:*

Jennifer Klintworth  
LeAnn Welch  
Melissa Cox  
Gina Messer

If you would like to become more involved, give us feedback, comments or suggestions or ever have any concerns or issues, please contact Cindy Davis, HMG Project Director at 374-4954 or email at [fcfc@suddenlinkmail.com](mailto:fcfc@suddenlinkmail.com).



# Summer Fun Activities!

Make summer plans for young children that allow them to keep their everyday routines, including naps, snacks, and bedtimes. As a family, it's often more strategic to take a week off and have a vacation at home, rather than go away. (Young children often don't do well with too many changes.) Instead, do a fun outing each day. Go to the zoo. Go to a park. Go to a nature center and look for bugs.

## **Make Ice Cream!**

Mix 1 cup milk, 1 tsp vanilla in a quart Ziploc bag. In a gallon bag, mix ice and 1/3 cup salt. Put small bag inside, shake for 5 minutes. Eat!



## **Make Playdough!**

Mix 1 cup cold water, 1 cup salt, 2 teaspoons vegetable oil; slowly add mix of 2 cups flour and 2 tablespoons cornstarch. Knead with flour on your hands.

## **Get Wet!**

Fill buckets or a pool with water; get out bowls and cups, then pour, splash, spray! Mix in dish soap to make your own bubbles.

## **Making Simple Boats**

Here are some material suggestions for making simple boats, toddlers can use in a pool, bathtub or sink

- Plastic lids
- Plastic bowls and containers
- Large sponges
- Clean meat trays



## **Shadow Search**

When the sun is out, have your child go on a shadow search.

- How many can they find?
- Which shadow is the largest?
- Which shadow is the smallest?
- Can he make a shadow with his own body?



## **Sprinkle Bottle**

Take a plastic bottle and poke some holes in the bottom of the bottle. Let your child fill the bottle with water, then hold it up and watch the water sprinkle out.



## **FINGERPLAY**

Open, shut them; open, shut them,  
Give your hands a clap.  
Open, shut them; open, shut them,  
Lay them in your lap.  
Creep them, creep them; crawl them, crawl them,  
Right up to your chin.  
Open up your little mouth,  
But do not let them in.

Show your toddler how to act out the rhyme

# HOME SAFE HOME

When you hear “poison”, alarm bells go off. But, the problem of poisoning isn’t as shocking as you might think. More than 2 million people report being poisoned each year and, over 90% of the time, it happens during everyday activities – like painting a door, dabbing on cologne or taking a few extra pills for that migraine.

You can experience poisoning from swallowing, breathing, touching or getting something in your eye. A lot of times, the problem isn’t the poisonous item, but how much of it you come into contact with. Common household causes include cleaning products, pain medicines, cosmetics (e.g., perfume and nail polish) and personal care items, such as deodorant and soap. The good news is that you can take simple tests to protect yourself, your family and your guests from accidental poisoning. These steps include:

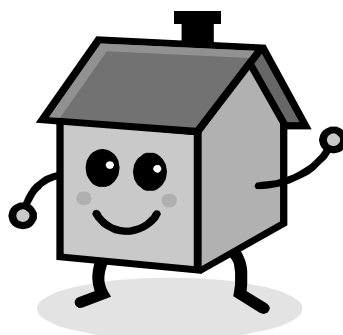
- \* Keeping medicines and other potential poisons in their original containers (with original labels)
- \* Storing food away from household or chemical products
- \* Making sure all medicines and cleaning products are in locked cabinets or out of children’s reach
- \* Never calling medicine “candy” when speaking to children
- \* Reading all labels before using medicines and personal or household products
- \* Double-checking the dosage or amount needed each time you use a medicine or product

**If you think you or a loved one has been poisoned, call the Poison Center toll free at 800-222-1222 immediately.**

You can call this resource from anywhere in the US, 24-hours a day, seven days a week. The call is confidential. When you call, please have the following information handy for the representative:

- \* The age, weight and any existing health conditions or problems of the person poisoned.
- \* The product involved and how the poisoning occurred: Was the item swallowed, inhaled, spilled on the skin or splashed in the eyes?
- \* Details about the incident: How long ago did it happen? Has the person vomited? Was any first aid given?
- \* Your location and distance from the hospital

*Remember, as a very wise Benjamin Franklin once said, “An ounce of prevention is worth a pound of cure.”*



# COMMUNITY EVENTS

**Fridays at the Museums**

June 10th, 2011 - July 22nd, 2011  
 Time: 9:30 a.m. - 12:30 p.m.  
 Location: Campus Martius Museum, 601 Second Street

**Marietta Riverfront Roar**

July 8th, 2011 - July 10th, 2011  
 Time: July 8 (Noon-Midnight), July 9 (7am-Midnight), July 10 (8am-5pm)  
 Location: Ohio River Levee, Front & Ohio Streets, Marietta

**Depot Park Picnic**

July 12th, 2011 - July 12th, 2011  
 Time: 6:00 p.m.  
 Location: Depot Park, Belpre

**Marietta Sweet Corn Festival**

July 15th, 2011 - July 16th, 2011  
 Time: 11:00 a.m. - 11:00 p.m.  
 Location: Front Street, Armory Square

**Marietta Merchants & Artist Walk**

2nd Friday of June, July, & August  
 Time: 6:00-9:00 p.m.  
 Location: Downtown Marietta

**Mayor's Third Friday Jubilee**

Third Friday of June, July, & August  
 Time: 6:00-9:00 p.m.  
 Location: Armory Square, Front Street

**Inland Waterways Festival**

August 6th, 2011 - August 7th, 2011  
 Time: Saturday 10:00 a.m. - 9:00 p.m.; Sunday 1:00 p.m. - 6:00 p.m.  
 Location: Ohio River Museum, 601 Front Street

**Washington County Fair**

September 1st, 2011 - September 5th, 2011  
 Location: Washington County Fairgrounds

**Ohio River Sternwheel Festival**

September 9th, 2011 - September 11th, 2011  
 Time: Daylight to Dark  
 Location: Ohio River Levee, Corner of Front & Greene Streets, Marietta

**Barlow Fair**

September 23rd, 2011 - September 25th, 2011  
 Time: 8:00am - 11:00pm  
 Location: Barlow Fairgrounds

## Places to Go and Things to Do in the Summertime!


<u>Parks – Camping and/or Fishing</u>	<u>Inside Ideas</u>	<u>Outside Ideas</u>
Burr Oak State Park 740-767-3797	Anderson Hancock Planetarium	Hardly Able Carriage Co. Fri & Sat 7-10pm
Buckeye Park 740-373-1616	(Marietta College)740-376-4820	(Horse drawn carriage rides) 304-869-3051
Camp Hervida 740-984-2267	Campus Martius Museum	Marietta College Tree Tours 1-800-331-7896
Catfish Paradise 740-373-0686	740-373-3750	Music in the Park (Muskingum Park Gazebo)
Civitan Park, Belpre 740-423-6664	The Castle 740-373-4180	Thursdays 7:00 pm
Leith Run Recreation 740-473-2871	Mid-Ohio Valley Players 740-374-9434	Music on the Levee (Ohio River Levee)
(campgrounds)	Ohio River Museum740-373-3750	Fridays & Saturdays 7:00-9:00
Wayne National Forest 740-373-3745	Parkersburg Art Center 304-485-3859	Pioneer Family Golf 740-376-9009
Salt Fork State Park 740-439-3521	Smoot Theatre 304-422-7529	Sweetapple Farm 740-678-7447
Seneca Lake Park 740-685-6013	The Toy & Doll Museum 740-373-0349	Trolley Tours 740-350-9852
Wolf Run State Park 740-732-5035	Willow Island Locks/Dam 740-374-8710	Valley Gem Sternwheeler 740-373-7862
	W.P. Snyder Jr. 740-373-3750	The Wilds 740-638-5030

### Public Pools

		<u>Hours:</u>
Aquatic Center	740-373-2445	12:00-7:00 (Fri 12-8)
Belpre	740-423-5346	12:00-6:00
Beverly	740-984-4235	12:00-5:00
Devola	740-374-4140	12:00-7:00
Lowell	740-896-8869	12:00-6:00
New Matamoras	740-856-8329	12:30 – 5:30 (Sun-1-6)
Williamstown	304-375-2707	12:00-6:00





# July 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4 <b>4<sup>th</sup> of July</b> Office Closed 	5	6	7	8	9
10	11 Transition Playgroup 10:00 – 11:00 am	12	13	14	15	16
17	18 Transition Playgroup 10:00 – 11:00 am <b>PAT GROUP</b> 10:00-11:00am Topic: Car seat safety	19	20	21	22	23
24	25 Transition Playgroup 10:00 – 11:00 am	26	27	28	29	30
31						

# August 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Transition Playgroup 10:00 – 11:00 am	2	3	4	5	6
7	8 Transition Playgroup 10:00 – 11:00 am	9	10	11	12	13
14	15 Transition Playgroup 10:00 – 11:00 am	16	17 First day of school - Belpre	18 First day of school – Fort Frye	19	20
21	22 Transition Playgroup 10:00 – 11:00 am <b>PAT GROUP</b> 10:00-11:00am Topic: Germs & Communicable Disease	23	24 First day of school – Marietta Wolf Creek	25 First day of school – Frontier Warren	26	27
28	29 Transition Playgroup 10:00 – 11:00 am	30	31			

# September 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3 Washington County Fair Parade 
4 Washington County Fair	5 <b>LABOR DAY</b> Office Closed Fair	6 Washington County Fair	7	8	9 Sternwheel Festival	10 Sternwheel Festival
11 Sternwheel Festival	12 Transition Playgroup 10:00 – 11:00 am	13	14	15	16	17
18	19 Transition Playgroup 10:00 – 11:00 am <b>PAT GROUP</b> 10:00-11:00am Topic: Child Lures	20	21	22	23 First day of Fall!  Barlow Fair	24 Barlow Fair
25 Barlow Fair	26 Transition Playgroup 10:00 – 11:00 am	27	28	29	30	